

February 2014

DSDHH Newsletter



Help the DSDHH Newsletter go *GREEN!*

Please go to our website, www.deafservices.utah.gov and click “subscribe to newsletter” to be added to our email blast list! Beginning with the newsletter in March, we will only continue to mail the newsletter to those who do not have access to email.

Thank you!

19th Year

**Robert G Sanderson Community Center of the Deaf and Hard of Hearing
5709 South 1500 West Taylorsville, UT 84123-5217**

Let's Loop Utah!

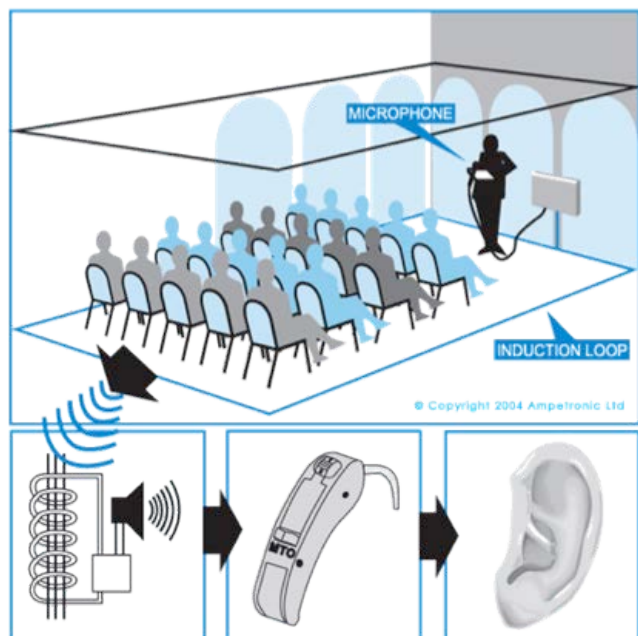
What does that mean?

By Marilyn Call, SCCDHH Director

Hearing Loops can benefit everyone who wears hearing aids or cochlear implants. If you don't wear hearing aids, please pass this on to your friends or relatives who do. In September 2013, an important project was launched called Let's Loop Utah! Some of you may have tried out using a loop at the Deaf and Hard of Hearing Festival. Check out this website for more information on the Loop Utah movement and get involved, www.looputah.org

What are hearing loops and who can benefit?

A loop system is a new and vastly improved version of an old assisted listening technology. Loops have never been used much in Utah or in the United States. In Europe, however, hearing loops are everywhere. People who use hearing aids and cochlear implants with activated T-switches benefit greatly from loop systems. The loop provides a magnetic wireless signal which is picked up by a T-coil (telecoil) setting on a hearing aid or cochlear implant. The loop system consists of a microphone which picks up what is being said, an amplifier to process the sounds as a signal, and a cable or wire which is placed around the perimeter of the room or specific area. This wire, or loop, sends the sound signal to the hearing aid or cochlear implant and then allows a hard of hearing person to hear clearly... and understand what's being spoken so well it feels miraculous.



I had a great opportunity to go to Eastborne, England this past October to attend an international conference on

"Looping the World". I learned a lot at the conference and met some people with great experience in Loop technology. Before the conference had even started I experienced hearing what was said at the ticket counter of a noisy train station. I had a conversation with a sales person at a cash register in a grocery store, I also understood the directions to my hotel at a chaotic tourist information building, because all of these places had hearing loops installed.

I have a 70-80 dB hearing loss and I usually don't understand speech in noisy situations. Loops installed in these public places made such a difference for me. I also understood everything that was said at the conference, a concert and at a museum about Vikings in Yorkshire. At the museum everyone got in rail cars to ride through many exhibits that explained life as a Viking. Can you believe it? Two of the rail cars were looped so I understood every word. The best thing about hearing loops is that the hearing aid is already in your ear, your hearing aid or cochlear implant is the receiver. No gadget to check out! It's finally okay to be late for meetings. Just step within the loop, turn your hearing aid or CI to T-coil, sit at the back and enjoy!

How did Loop America and Loop Utah movements get started?

Dr. David Myers, who is hard of hearing, found himself frequently in Europe during the past decade. He realized how much better the quality of his life was in Europe, because of the many loops installed in Cathedrals, taxicabs, and theatres. He wanted to experience the same quality of life in his hometown and country so started this movement. He went to work advocating for loops, eventually he got HLAA on board, hired Juliet Sterkens as the America's Loop Advocate. I sat by Dr. Myers at a farewell dinner and he challenged me to advocate for Looping the Tabernacle in SLC. Since people from all over the world tour the tabernacle, it is something we will push for.

I also met a great advocate and audiologist named Dr. Linda S. Remensnyder. She has a large audiology practice. She tried to never sell hearing aids without T-coils. Most hearing aid sales people lead clients to believe that hearing aid give you back normal hearing like eye glasses give back normal eyesight. She tells her customers up front that used alone, hearing aids may be a big disappointment.

Hearing aids are great in one on one or small group situations. But, all hearing aids rely on microphones and microphones have 3 annoying drawbacks. They pick up what is loudest, what is closest, and the microphone has no idea what sounds are most important to the listener. She also tells her customer that to be satisfied with hearing aids they need to learn critical communications strategies

and use hearing loops in public settings. Visit www.hearingloops.org to see why hearing aids and hearing loops add so much more satisfaction. If you want to help get loops installed at many of Utah's public and private buildings, email me. Many advocates are needed to make this happen.

SPOTLIGHT ON SCCDHH

With each newsletter, we will do a spotlight on the staff at the Sanderson Community Center of the Deaf and Hard of Hearing. We hope you can get to know us better and feel at home as you walk through our doors.

In this issue, we spotlight our two NEWEST employees:

Ron Nelson – Electronics Specialist

What is your favorite part of your job (so far)?

The challenges are different every day. I love the challenge of correcting misbehaving computers, smooth-talking the websites into being user-friendly, tracking down escaping items from the inventory lists, hammering the printers until they become submissive, and jumping on top of the crazy phones. If I don't have any challenges, I become mentally unstable and grouchy. The other favorite part is the communication barriers. Oops – I mean NO communication barriers! I used to work for NXi and NexTalk as the only deaf employee and it was tough trying to figure out what was going on. I still think I am dreaming when I see EVERYONE signing at the Sanderson Center. Wake up, Ron!

What technology helps you the most in your job?

Emails on my smartphone, text messages and instant messages. Almost all of my communication goes through these channels. If I have questions, I can easily walk out of my office and run into someone else's office and scare the sign out of him/her. Of course, videophone is a close second. It's great for calls for tech support.

How can you help the Deaf community in your job?

I keep the community-use computers in the Lobby and Classroom A humming and yelling at the printers to listen and print anything that comes from the computers. I help clients with their smartphones if they are having trouble.

Jenefer Ruedter– Administrative Secretary

What is your favorite part of your job (so far)?

I make visits to clients at their homes, workplaces, almost anywhere and give them an evaluation on technology they can install. I wish more deaf and hard of hearing people were aware of light flashers and vibrators for doorbell chimes, phones, fire alarms, smoke detectors, carbon monoxide detectors, incoming emails, incoming text messages, incoming instant messages, knocks on the door, baby crying, kids yelling, severe weather warnings, alarm clocks, motion detectors, videophones, pressure-sensitive floor mats, door/window sensors, family member emergency, and much more!

If you had no limits on money, where would you like to travel and why do you pick that place?

First I would travel all over the world with my sweetheart, Kristi, and then settle down in Hawaii. I spent a couple of years in Hawaii as a child and made several trips in the last 20 years. It's peaceful and best of all, it's right by the ocean! I have always loved the oceans and water. I often wish I were a dolphin so I could breathe underwater and "surf" the mighty blue oceans.

Pick an animal that best fits your personality and explain why.

Tiger! Tigers are the most beautiful cats in the world and radiate sheer power. It's easy to fall in love with tigers and the colors/stripes of their skins. I can watch for hours as tigers walk and play, especially in water ponds. Now if only they had tiger dolphins.

I have loved meeting new faces and re-connecting with familiar faces. I like being able to connect with people and to

help them enjoy the Deaf Center for whatever reason they are at the Deaf Center for. I love seeing the interaction within the Deaf community and seeing the excitement of people seeing each other again whether it has been a long time or a short time.

What technology helps you the most in your job?

Because of my work, the computer with email access has been used the most in my job! I can almost remember a time when email was not available and when typewriters were still being used. These days I can easily compose documents and make changes and edits by clicking on a few buttons rather than re-typing the whole document! What did we do without email and computers in the past? We survived on “snail” mail and actually got excited to check the mailbox for any mail! Now, “you’ve got mail” is more fitting with the email capabilities.

How can you help the Deaf community in your job?

With my job, I can be used as a resource to know who to talk to. There are a variety of services that are provided at the Deaf Center from technology, counselors, employment

helps, and even social activities. With all of these varieties, sometimes a person doesn’t know where to start. I can help find a starting point and guide individuals to the right beginning.

If you had no limits on money, where would you like to travel and why do you pick that place?

I would LOVE to travel to Australia and New Zealand. I have always had a curiosity of “life down under” and wonder how the world really is “down under.” I would love to travel in the outback of Australia and to see the islands of New Zealand. There are so many fascinating places in Australia that I have seen on the internet or seen as part of the Olympics that were held there recently that it increased my curiosity to visit there.

Pick an animal that best fits your personality and explain why.

Can’t think of one that fits me!

Employees and Volunteers of SUDHHP



Southern Utah Deaf and Hard of Hearing Program (SUDHHP) is looking forward to another great year! We have a larger space, more staff, and are providing more service than ever. We have several events and workshops planned to help fulfill our mission of making Southern Utah more accessible. By partnering with various agencies we plan to have reasonable

accommodations and discounted group rates to events like Lions Club Rodeos, Camping Areas, Tuacahn Center for the Arts, etc. We also have computer classes, workshops, etc. being taught *by deaf to deaf*.

Our American Sign Language (ASL) classes are being well attended, but better than that is the reports we hear back from our deaf community members. As stores and restaurants are visited, our community members are more often being served in ASL, which is refreshing. In fact, some of these restaurants are so noisy that several ASL users prefer to sign in that environment anyway.

While Southern Utah continues to have high demand for certified interpreters, SUDHHP continues to provide various

interpreter workshops to enhance the skills of those in the profession. These workshops range from K-12 education to performing arts, medical, mental health, and courtroom work.

Our hard of hearing community, though their needs more often relate to technology rather than language, continue to request case management and help at senior centers. We also serve our elementary schools by providing annual training on "noisy planet" and "hearing loss."

Southern Utah has beauty, great weather, recreation, and small town love. At SUDHHP we are doing our best to compliment this great environment with great services.

The Things We Overlook

By Peggy Thomson

Last month I was called and requested to go see a gentleman at a local assisted living facility. It was reported that the family was getting frustrated with him on the phone and he refused to talk to them about getting hearing aids and wanted something to be done to help him. I asked the activity director to talk with the man, see if he would let me drop by and visit him. She called me back and he had given permission for me to just drop in and come in the apartment since he wasn't able to hear on the phone.

I dropped by to see him and found that his wife just sat there with eyes almost glazed over and showed little response. Well as it turned out I was able to get the husband to try out an amplified device and a Relay Utah amplified phone. I also, was able to talk him into coming to a Coping with Hearing Loss class that I was holding at his facility.

I was bothered by his wife and wanted to make sure she didn't have a hearing loss. So many times I run

across couples who one of them has a hearing loss and they don't think that the other spouse has one. In this case they thought she was just deteriorating with poor eye sight and dementia. I insisted that she try the amplifier. Guess what? She responded to me and started trying to answer questions. I told her husband that she needs to be checked for hearing aids needs. Even if a person is in their 90's they deserve to have quality of life and not just sit in the same room with everyone else being isolated. I talk with the activity director and she told the family. In just a short time she received hearing aids. I advised her husband and family not to talk for her, be patient and give her time to respond. Her husband brought her to the Coping classes and it was a thrill every week to see the improvement. It was a great Christmas for her this year, she is able to hear and talk with her family for the first time in several years.

We should always look at the whole picture when trying to help others.

CONGRATULATIONS !!!!!
Kimberly Thornsberry honored for
Hamilton Relay 2013 Deaf Community Leader Award
for the State of UTAH
Read the full article at www.uad.org

COMMUNITY NEWS

National ASL SKI SNOWBOMB Week on March 16-23, 2014

I couldn't be more excited to announce the National ASL SKI SNOWBOMB Week on March 16-23, 2014 at Heavenly, Lake Tahoe. As the co-chairs, both Ellen Roth and Karen Officer have been working very hard to ensure the event is successful.

Please check our website for updates often about this fantastic event.

Update about Try-Outs for 2015 Winter Deaflympics

Hello Athletes,

This is to inform you that at this time, there has been no announcement from the International Committee on Sports for the Deaf regarding plans for the 2015 Winter Deaflympics. We have heard that there may be an announcement by the end of November, but this is not definite. Therefore we cannot announce definite tryout plans for the US Deaf Snowboard and Ski Teams at this time.

We are only able to say that all members of the USDSSA National and Development Snowboard Teams are required to complete in selected USASA events this if they wish to be considered for selection of the US Deaf Snowboard Team representing the USA at the 2015 Deaflympics. We will identify which USASA events where our snowboard coaches will be on hand to observe the competition. We may do the same for skiers who wish to tryout by asking them to attend selected USSA events.

I will be emailing you all with more details when we get information from ICSD. I want to thank you for all for your patience and I know how antsy you all feel. There is not much we can do. We know time is short and there are concerns about fundraising to cover the costs of attending the Deaflympics. We will do our best.

Ride Hard & Ski Hard!
Kyle Emard
USDSSA Director of Snowboard

6th Biennial Deaf Studies Today! Conference
Utah Valley University
April 10-12, 2014

Registration information at www.uvu.edu
Regular registration ends February 28, 2014

COMMUNITY SPOTLIGHT — PROGRAMS OF INTEREST



In 2012, I founded **The Deaf Dream** organization during my senior year of college. After meeting Deaf worldwide via the Semester at Sea scholarship program, I realized that every Deaf person has a dream. The Deaf Dream provides the tools needed for these dreamers to empower themselves to reach their ultimate life goals.

At a cost of only \$1 per day we have been able to support the dream of Khiem, a Deaf Dreamer in Vietnam. After years and years of dreaming, applying, and hoping, he is now able to attend college at the Ho Chi Minh University of Fine Arts. He uses his education to educate his fellow Deaf community members. This year he has also established an awareness campaign against Deaf women abuse, a class for hearing students wanting to become interpreters, and an online Ho Chi Minh sign language dictionary which he will start filming in 2014.

Technology has opened a door for the Deaf world. Like never before, we are able to connect and build friendships in every nation. The Deaf Dream has utilized technology to make a difference. We recognize the ability of Deaf worldwide to better their nations and improve their circumstances. Our website has become a hub for Deaf in over 50 nations to help each other reach their dreams. By going on our website and filling out your life's dream, whether learning how to juggle, traveling to Ireland, or going to college, we can connect you with others who can help you reach your dream.

This idea came to me when a man contacted The Deaf Dream from Italy. He said his life dream was to build soccer fields in Ghana so that they could one day have a Deaf soccer team at the Deaflympics. I informed him that as a small organization we do not have the funds to build his soccer fields. As I completed the email, I was sad that while we wanted to help so many people we only had one to two thousand dollars this year to help one person's life dream. A few days later I found an organization online that builds soccer fields around the world to help children learn leadership. I connected this Italian man with this soccer organization so that they could work hand-in-hand to build soccer fields in Ghana for Deaf students in need of leadership skills. I realized that if we had a central location where everyone could connect each other to make dreams happen, we could make a BIG difference in the world.

This is the potential of a large Deaf network! This is not about helping one man in Vietnam or building a soccer field in Ghana, but about helping millions of Deaf worldwide to reach our dreams!

The Deaf Dream offers online volunteer internships. Please go to www.thedeafdream.org for more info.



Author: Destiny Yarbrow
Founder & CEO,
The Deaf Dream

Classes for the Hard of Hearing People

The State of Utah's Hard of Hearing Program offers the following classes:

Beginning Speechreading – once a week for 9 weeks, 1.5 hours each class. It covers non-verbal communication; awareness of speech clues; understanding of phonetics & homophones, speech development, non-vocal drills.

Living with Hearing Loss – once a week for 6 weeks, 1.5 hours each class. It covers signs and symptoms of hearing loss; myths about hearing loss; causes of communication breakdowns; misunderstandings; responses to communication breakdowns, grieving over hearing loss; and ear, sound and audiogram.

Coping Skills – once a week for 6 weeks, 1.5 hours each class. Covers lipreading, facial expression, body language; effective communication strategies; assistive listening devices; people First, denial, family gathering, coping; communication tips, telephone strategies; and stress management

Conceptually Accurate Signed English – once a week for 8 weeks, 2 hours each class. You learn American Sign Language (ASL) using an English-based vocabulary; and slow-paced class.

Hearing Aids 101: When hearing aids join the family – once a week for 4 weeks, 1.5 hours each class. Covers expectation for hearing aids; audiologist's role; experiences to hear again; and hearing Aids; noisy environment; how hearing aids work, protecting your hearing aids, troubleshooting your hearing aids, telecoil, hearing assistive technology (phones, alerting devices, and personal amplification systems), your responsibility & your rights, disability rights laws, and support groups.

If you're interested any of these classes, contact the Hard of Hearing Assistants (from previous page) or Robin Traveller, rtraveller@utah.gov or call 801-263-4879.

The Expansion of the Hard of Hearing Program

By, Robin Traveller
Hard of Hearing Specialist/Supervisor

Last April, Marilyn Call wrote an article in DSDHH's newsletter about the \$50,000 funding to allow DSDHH hire more part-time Hard of Hearing Assistants (HHAs) throughout the State of Utah. I would like to explain what's been happening since. We started with 6 HHAs with close-by proximity. With the new funding, we hired 12 more throughout the State of Utah.

A two-day training session was held this past summer involving all HHAs who were provided with the curricula for Coping Skills, Living with Hearing Loss, Conceptually Accurate Signed English, Hearing Aid 101, and Speechreading classes. We gave each of them reference materials on hearing loss, support groups and resources, as well as a small loaner bank of personal amplifiers to be used in class as well as loaned to individuals in their areas to try-before-they-buy.

You are welcome to contact the below HHAs in your county area.

County	Name	Email
Box Elder/Cache/Rich	Heidi Moser	hmoser@utah.gov
Weber	Jodi Goodenough	jgoodenough@utah.gov
Davis/Salt Lake	Kim Tolman	kimtolman@utah.gov
Salt Lake/Tooele	Kathy Evans	katharineevans@utah.gov
Salt Lake/Tooele	Edie McCormick	emccormick@utah.gov
Salt Lake/Tooele	Chelle George	chellegeorge@utah.gov
Morgan/Summit/Wasatch	Diane Larsen	dianelarsen@utah.gov
Utah/Juab	Julie McCleave	jmccleave@utah.gov
Duchesne/Uintah/Daggett	vacant	
Carbon/NW of Emery	Carma Jackman	carmaj@utah.gov
Grand/Emery	Andrina Fuller	afuller@utah.gov
Millard/Sevier/Piute	Jennifer Barone	jbarone@utah.gov
Wayne/east Garfield	Brooke Larsen	bspens@utah.gov
San Juan	Starre McDaniel	smcdaniel@utah.gov
Beaver/Iron	Lucy Leano	lleano@utah.gov
west Garfield/Kane	Lillian Miller	lillianlarsen@utah.gov
Washington	Peggy Thomsen, HH Specialist for Southern Utah.	pgarrison@utah.gov

New Beginnings of 2014 for the Deaf Programs

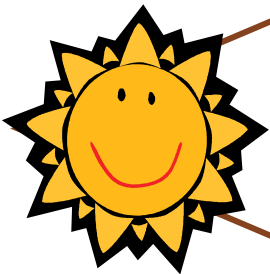
**2nd Teens' Community Service and Sleepover
for the Deaf & Hard of Hearing
Friday & Saturday, February 14 and 15, 2014
Ages 13 to 19 years old FMI: contact Eli**



**Maturity Conference
April 5, 2014
9 am to 2 pm**

Surprise Egg Hunt

April 12, 2014 * 10-2pm



**June 16 to 20th, 2014
DAY CAMP for the DEAF
& HARD OF HEARING**

**CONTACT: Eli McCowan
emccowan@utah.gov 801-513-3984**

CASE MANAGEMENT CORNER



Create a New Budget for the New Year!

The start of each new year will often give us time to reflect on many areas of our lives (jobs, family, health, etc.). Taking a look at how we can make the most of our money is one area that often goes unchecked, yet can make such a difference in the quality of our lives. With all of the changes in the recent economy almost everyone has been affected. With the proper budget, we can avoid costly mistakes and reduce stress by knowing how our money will be spent in the short term and make plans for the future. Simply writing down a budget on paper or using a computer or smart phone application, can give you a clearer picture of your finances and guide you to make any changes toward financial fitness. Take the time to reflect on your budget!

DSDHH Case Management Team:

Joene Nicolaisen - jfnicolaisen@utah.gov - 801.657.8218 VP

Annette Stewart: ajstewart@utah.gov - 801.657.5226 VP/ 801.2663.4892 V

Kimberly Thornsberry - kthornsberry@utah.gov- 801.657.5227 VP

Grant Pemberton (Southern Utah)- gpemberton@utah.gov - 435.216.9306
VP/ 435.673.8974 V

RESOURCE OF THE MONTH:

Who can help? Ask a parent, trusted family member, case manager to help you create a budget. You can also contact your local college to ask if an accounting student could help you make a budget. For more complicated budgets, consider hiring a Certified Public Accountant. To locate a qualified Certified Professional Accountant, you can look at Utah Association of Certified Public Accountants, <http://www.uacpa.org>

BUDGETING TOOLS:

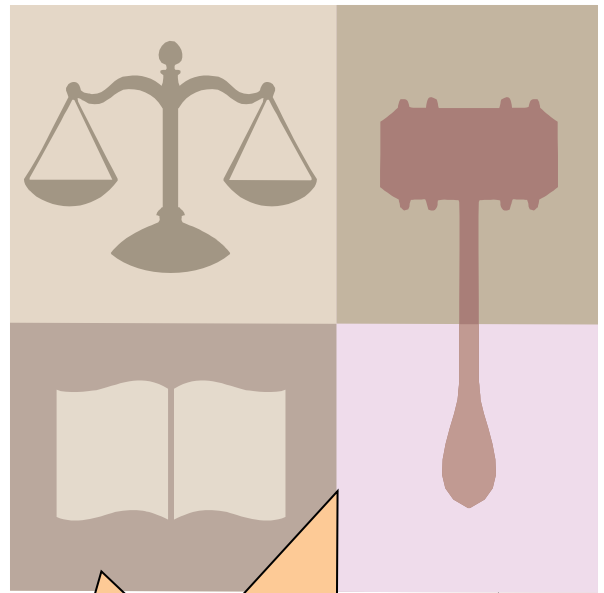
There are many free downloads for apps and budget sheets on the internet to help you make a budget.

Example of Apps: www.mint.com

Example for budget forms:

<http://www.dollartimes.com/download-and-print/>

Free Legal Advice



Talk private with lawyers from the Utah Legal Services if you have concerns about:

- Employment discrimination
- Social Security issues
- Food stamps
- Medicaid/Medicare
- Landlord/Tenant Issues
- Discrimination
- Divorce
- Custody
- And other issues

**Interpreters will be provided.
Tele-conferencing is available throughout the state!**

When: February 12, 2014 (Every 2nd Wednesday of each month)

Where: Sanderson Community Center of the Deaf and Hard of Hearing, 5709 South 1500 West, Taylorsville, UT 84123

Time: 3:00 PM – 5:00 PM

Appointment is required. Please contact Laurie Bishop by February 7 at 801-657-5209 (vp) or email at lauriebishop@utah.gov.

Any ADA accommodations need to be requested when making an appointment.

CASE

Conceptually Accurate Signed English

People who are Hard of Hearing & Late Deafened and their Families, Co-Workers, Friends, and People who are losing their hearing



*Learn American Sign Language
using an English-based
vocabulary; learn body
language and facial expression*

Every Tuesday evening

January 14 -

March 11, 2014

6:00pm - 8:00pm

Slow-paced class

*Sanderson Community Center
of the Deaf and Hard of
Hearing*

5709 South 1500 West

Taylorsville

Registration is required! Call the
Front Desk at 801-657-5200 or
email dsdhhregistration@utah.gov
1,000 Signs of Life book is required
for the first day of class. You can
purchase the book from UAD
Bookstore.

*Class will be taught in spoken English. If any ADA accommodations are needed,
please let us know when you register.*



EMPLOYMENT CORNER



**Need help finding a job?
Having problems at your job and
need advice?
Contact me and I can help.**

Contact Information:

**PAMELA MOWER
Statewide Employment Specialist**

Email- pmower@utah.gov

VP- 801-657-5223

TIP OF THE MONTH:

RESEARCH the company before your job interview!

Why? To make sure you WANT to work at that company. Also, the interviewer(s) **WILL** ask you questions to see how much you know about their company.

How do you research a company?

Go online to their website and find all of the information to answer the questions below or Google the company:

- **What products/services does the company provide?**
- **What is the company's mission?**
- **Who is the head of the company? What do you know about him or her?**
- **Where is the company's headquarters? How many locations does the company have?**
- **What are some of the company's recent achievements?**
- **Why do you want to work for this company? What position do you want to work in?**
- **What department is that position in?**

Living with Hearing Loss

The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them.”

Dr. Ralph Nichols

Join us for a 6-week educational class about how you live with your hearing loss

Every Tuesday

January 14 to
February 25, 2014
10am to 12pm

Location

Sanderson Community Center of the
Deaf and Hard of Hearing
5709 South 1500 West
Taylorsville, UT

Reservations no later than January 10th.
Call or send an email with your name and
contact information to: 801-263-4860 or
email DSDHHregistration@utah.gov



Topics covered:

- ❧ Signs and Symptoms of Hearing Loss
- ❧ Myths about Hearing Loss
- ❧ Causes of Communication Breakdowns
- ❧ Misunderstandings
- ❧ Responses to Communication Breakdowns
- ❧ Grieving over Hearing Loss
- ❧ Ear, Sound, and Audiogram

free!

Spouses and friends are encourage to attend

FM System will be available. If any further accommodations are needed, request at the time of registration